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# Tuesday

NOVEMBER 15, 2011 | A PUBLICATION OF The Washington Post | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | FREE DAILY



# A LOST YEAR?

**Players reject** the NBA's latest offer and endanger the season 17

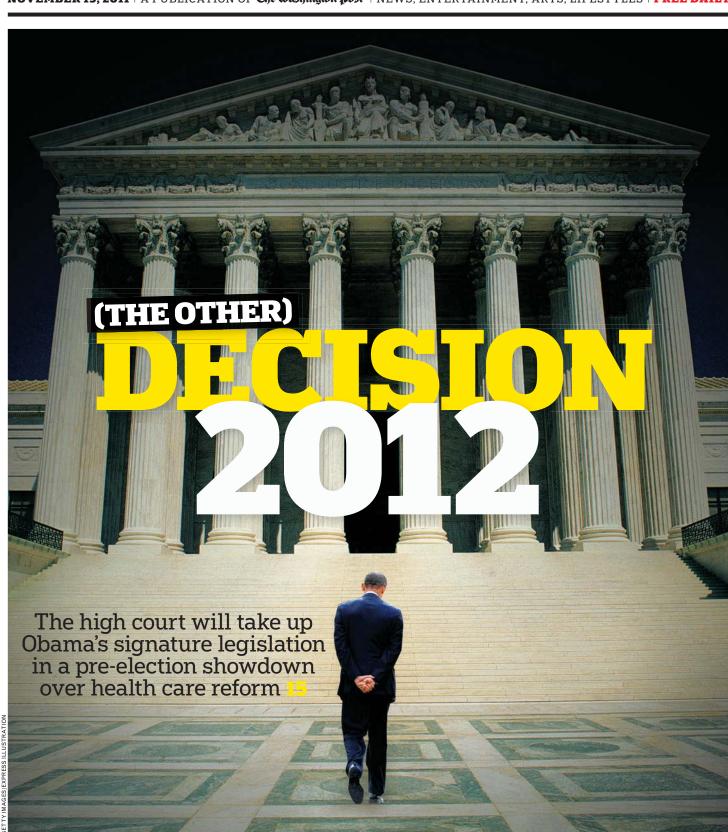
# HIRE CALLING

Metro reaches out to veterans to fill some of its key vacancies 12

FOR SERIOUS **Donald Glover** makes his mark in rap as Childish Gambino 35



FOR EXTENDED FORECAST, SEE PAGE 41





eye openers

### STICKING IT TO THE MAN

# **Christmas Tree Takes Stand Against Forcing Christmas On Consumers So Damn Early**

Macy's at Atlanta's Lenox Mall must find a new Christmas tree after a 60-foot-tall white pine snapped while being hoisted atop the store Sunday. The store usually selects its tree from a Georgia forest, but drought conditions made it difficult to find a healthy tree this year. A new tree has been selected and will be brought in this week. (AP)

# "I'm glad to have the little fella back home. ... He'll be back with family"

- RONN WADE, DIRECTOR OF ANATOMICAL SERVICES AT THE UNIVERSITY OF MARYLAND, ON THE RETURN OF A CHILD MUMMY FROM THE PORT HURON, MICH., POLICE DEPARTMENT. OFFICERS THERE CONFISCATED IT FIVE YEARS AGO WHEN THEY DISCOV-FRED A WOMAN WAS SELLING THE BODY ON FRAY, ACCORDING TO THE TIMES HERALD. (EXPRESS)

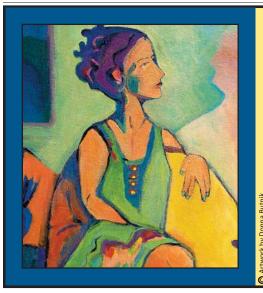
### LIKELY FAILING TO STICK IT TO THE MAN

# Luckily for This Guy, the Mall **Is Still Hiring Holiday Temps**

A Target parking attendant, miffed at the retailer's decision to open at midnight on Black Friday, has earned support from more than 7,000 people after launching a petition on Change.org calling for the decision to be reversed. Anthony Hardwick, who works at an Omaha, Neb., store, believes Target "might suffer from a fast-growing consumer backlash" if it doesn't reconsider. (EXPRESS)



OUT OF THE CARTON, INTO THE STREETS: A girl gestures in the rain during the Metropolitan Children Parade in Bogota, Colombia, on Sunday. The parade, organized by the city government, aims to give poor children the opportunity to parade while playing music, dancing and performing acrobatics. (AP)



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NINH

# **In Brief**

### SHREVEPORT, LA.

# **Ex-Boyfriend of Cain** Accuser Says All 3 Met



Victor Jay Zuckerman, the ex-boyfriend of Sharon Bialek who is accusing GOP presidential hopeful Herman Cain of inappropriate sexual be-..... havior — said he and

his then-girlfriend met Cain in 1997. The account contradicts Cain's assertions that he had never met his accuser and did not recognize her name. (AP)

### CHARLESTON, S.C.

# **Citadel Regrets Manner It Handled Abuse Case**

Citadel President John Rosa on Monday said the Charleston military college lost public trust because of the way it handled reports of sex abuse four years ago. Rosa said the school is bringing in a company to review the procedures in handling such situations. (AP)

### **HOUSTON**

# **Man Convicted of Trying** To Assist Al-Qaeda

A Texas man accused of attempting to leave the U.S. to join al-Qaeda with military documents, money and equipment was convicted Monday of trying to help the terror group. Barry Walter Bujol Jr. faces up to 20 years in prison. (AP)

# **New Optimism Over Deficit Deal**

Cantor predicts that the supercommittee will meet deadline

# Washington

Sidestepping controversy, House Majority Leader Eric Cantor, R-Va., declined to take sides Monday on a proposal for higher taxes backed by fellow Republicans on Congress' supercommittee, yet expressed confidence the panel would agree on a deficit-reduction plan of at least \$1.2 trillion by a Nov. 23 deadline.

A proposal for \$300 billion in higher taxes has stirred grumbling within the ranks of congressional Republicans, for whom opposition to such measures has been political bedrock for more than two decades. One prominent conservative, Rep. Jim Jordan of Ohio, said in a published commentary during the day that "our economy will have an even tougher time catching its balance if Washington" raises taxes.

Separately, officials said that Sen. Pat Toomey, R-Pa., who out-



Eric Cantor, R-Va., predicts the supercommittee will reach a deal to cut the deficit.

"There are no magic beans that vou can toss on the ground and suddenly a bunch of money grows on trees."

- PRESIDENT OBAMA, SAYING THAT THERE IS NO SPECIAL FORMULA TO CUT DOWN THE U.S. DEFICIT

lined the plan last week in a closeddoor meeting of four Republicans and three Democrats, has encountered criticism from fellow conservatives despite strong credentials as an opponent of higher taxes. "There's been a little bit, but it's been pretty muted," said his spokeswoman, Nachama Soloveichik.

Cantor's spokeswoman turned aside several emailed requests for the majority leader's views on the

### **Basic Differences**

Despite some concessions, the two sides remain divided over the same basic issues that thwarted earlier deficit reduction efforts—finding a mutually agreeable blend of tax increases and cuts in the largest government benefit programs, Democrats say they are willing to make significant reductions in Social Security, Medicare and Medicaid only after Republicans agree to higher tax revenue, including a larger bite out of the wealthy. Republicans argue that tax increases would crimp efforts to create jobs. (AP)

proposal. She said he hadn't seen the plan, and she referred to his comments at a news conference earlier in the day when he told reporters, "I'm not going to be opining as to any reports, hypotheticals or anything connected with their work."

Despite that pledge, Cantor was bullish in predicting agreement before the deadline and adding that a fallback requirement to cut \$1.2 trillion from domestic and defense programs wouldn't be triggered. (AP)



Hikers Set a Date: Two American hikers accused of spying and imprisoned in Iran are planning to get married in the spring. Cindy Hickey, the mother of Shane Bauer, said Monday that her son will marry Sarah Shourd on May 5 in the San Francisco area. Bauer proposed to Shourd while both were in prison, fashioning a ring out of threads from his shirt. Bauer was freed in September, along with fellow hiker Josh Fattal. Shourd was freed in 2010. (AP)



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# **Nation**



American Eagle, a regional affiliate of American Airlines, has been fined for delays.

# Airline Fined \$900K For Tarmac Delays

First federal rebuke comes as holiday travel season nears

# Washington

The Department of Transportation said Monday it has fined a regional affiliate of American Airlines \$900,000 for keeping hundreds of passengers cooped up for hours on planes in Chicago earlier this year, a clear warning to airlines on the eve of the holiday travel season that similar incidents won't be tolerated.

American Eagle Airlines had tarmac delays of more than three hours on 15 flights at O'Hare International Airport on May 29, the department said. A total of 608 passengers were aboard the flights. The airline blamed the delays on congestion due to weather.

Up to \$250,000 of the fine can

# **Down With Delays**

Transportation Secretary Ray LaHood has hailed the three-hour delay rule as a success. Between May 2010 and April 2011, the first 12 months after the time limit was imposed, airlines reported 20 tarmac delays of more than three hours. In contrast, during the 12 months prior to the rule, airlines had 693 tarmac delays of more than three hours. (AP)

be credited for refunds, vouchers and frequent flyer miles given to passengers, the department said.

•••••

The airline is the first to be fined over the three-hour rule since it took effect 20 months ago. It is also the largest penalty to be paid by an airline in a consumer protection case not involving civil rights violations, though airlines have paid much higher fines for violating safety regulations. (AP)

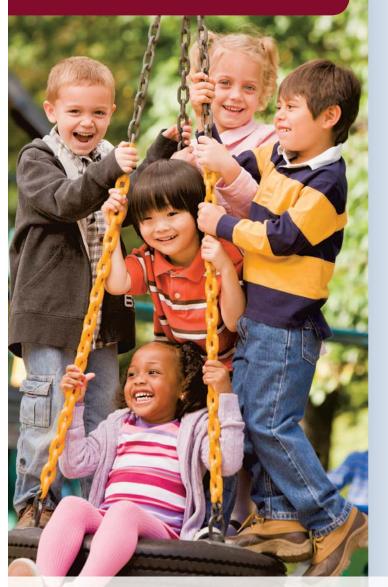
# Hearsay



# "Brave, brave, brave. ... Tough, tough, tough."

— REP. GABRIELLE GIFFORDS, D-ARIZ., DIS-CUSSING HER HUSBAND, MARK KELLY, IN HER FIRST EXTENDED INTERVIEW SINCE SHE WAS SHOT IN JANUARY. KELLY SAID "BRAVE AND TOUGH" ALSO COME TO HIS MIND WHEN HE THINKS OF HER. THE INTERVIEW AIRED MONDAY NIGHT ON ABC'S "20/20."





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# Nation

# **Police Clear Out Occupy Oakland**

Officials shut down Calif. protest camp, arresting 32 people

Oakland, Calif.

Riot gear-clad law enforcement officers cleared out Oakland's weeksold anti-Wall Street encampment early Monday, arresting Occupy demonstrators and removing tents from a downtown plaza after issuing warnings over the weekend.

Protesters appeared to put up little resistance. Oakland officials had stepped up calls to end the camp after a man was shot and killed Thursday near the plaza.

Demonstrators gathered near the barricades around Frank Ogawa Plaza and vowed to return. But by 9 a.m., most had left the area.

"Where we go from there is up to timing and chance," said Shon Kae, who's on Occupy Oakland's



Police arrest a protester Monday at the Occupy Oakland campsite in Oakland, Calif.

media committee. "We just do what seems right at the time."

Police said 32 arrests were made Monday, a day after police drove hundreds of Occupy demonstrators from their Portland, Ore., site and arrested more than 50 people.

Meanwhile, in his first statement since being seriously injured in an Oct. 25 raid where police used tear gas and bean bag projectiles to clear the encampment, Marine Corps veteran Scott Olsen said Monday he was feeling better but had a lot of work to do in rehab. His plight has become a rallying cry for the Occupy Wall Street movement.

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# World

# **In Brief**



A cosmonaut prepares for launch on Monday in Baikonur, Kazakhstan.

### MOSCOW

# **U.S.-Russia Crew Bound For Space Station**

A Russian spacecraft carrying an American and two Russians blasted off Monday from the snow-covered Kazakh steppes on a mission to the International Space Station in a faultless launch that eased anxiety about the future of U.S. and Russian space programs. The launch had been delayed for two months due to the crash of an unmanned Progress cargo ship in August. (AP)

# SAN'A, YEMEN

# **U.N. Envoy Urges Saleh To Begin Power Transfer**

Embattled Yemeni President Ali Abdullah Saleh must speed up reforms and begin a transfer of power according to a plan backed by the international community, a U.N. envoy said Monday. Saleh has said he will transfer power, but he has not said when. (AP)

# Hearsay

# "[Van] is a ghost city. Almost none of the buildings

MUNIR KARALOGLU, GOVERNOR OF TURKEY'S VAN PROVINCE, SPEAK-ING MONDAY ABOUT THE TWO RECENT EARTHOUAKES THAT HAVE TERRIFIED THE TURKISH CITY OF THE SAME NAME. A MAGNITUDE-7.2 QUAKE LAST MONTH AND A MAGNITUDE-5.7 QUAKE LAST WEEK FLATTENED ABOUT 2,000 BUILDINGS AND KILLED AT LEAST 644 PEOPLE.

# Jordan's King Urges Assad to Go

Comments indicate pressure on Syria continues to rise

Jordan's king said Monday that Syrian President Bashar Assad should step down for the good of his country, the first Arab leader to publicly make such a call as Syria's neighbors close ranks against an increasingly isolated regime.

Syria's crackdown on an eightmonth uprising has brought international condemnation, but Damascus generally has been spared broad reproach in the Arab world. That changed Saturday, with a nearunanimous vote by the 22-member Arab League to suspend Syria.

Assad has tried to blunt the most serious threat to his family's 40-year dynasty by promising reform while also using the military to crack down on protesters. The U.N. says at least 3,500 people have been killed — including at least 12 reported killed on Monday.

He still has a firm grip on power, in part because the oppo-



 $Supporters \, of \, Syrian \, President \, Bashar \, Assad \, rally \, on \, Monday \, in \, Damascus, \, Syria.$ 

# **Delicate Balance of Power**

Should Syrian President Bashar Assad resign, it could have a profound effect on regional politics. Damascus has a web of allegiances that extends to Lebanon's powerful Hezbollah movement and Iran's Shiite theocracy. Syria's regime is dominated by the Assad family's minority Alawite sect, a Shiite offshoot. If a government led by the Sunni majority were to take over, it could shake up area alliances. Shiite-dominated Iraq, for example, fears a Sunni-led regime backed by Saudi Arabia, which has tense relations with Baghdad. (AP)

sition remains fragmented and he retains the support of the business classes and minority groups who feel vulnerable. The 46-yearold leader can ride out sanctions imposed by the U.S. and Europe at least in the near term — as long as he has the support of key allies Russia, China and Iran.

The call by Jordan's King Abdullah II for Assad to leave was the

"If Bashar [Assad] has the interest of his country, he would step down, but he would also create an ability to reach out and start a new phase of Syrian political life," Abdullah told the BBC.

"If it was me, I would step down and make sure whoever comes behind me has the ability to change the status quo that we're seeing," he said. But a top Jordanian official said the king didn't directly call on Assad to step down.

Still, Abdullah's comments were the strongest yet by an Arab leader.

Earlier Monday, Syria struck back at its critics, branding an Arab League decision to suspend its membership as "shameful and malicious" and accusing other Arabs of conspiring with the West to undermine the regime.

The rebuke suggests Damascus fears the U.S. and its allies might use the rare Arab consensus to press for tougher U.N. sanctions. ELIZABETH A. KENNEDY (AP)

# **Greece Determined to Remain in Eurozone, PM Says**

# **Athens, Greece**

New Greek Prime Minister Lucas Papademos said Monday he is determined to keep the country in the eurozone, but acknowledged it is set to miss its deficit reduction target this year.

Papademos was sworn in last week to head a 15-week coalition government. It was created to secure the approval of a new bailout deal worth \$177.6 billion.

Presenting an outline of his pol-

# 'The country can be saved — it's up to us."

- GREEK PRIME MINISTER LUCAS PAPADEMOS. EXPRESSING OPTIMISM MONDAY OVER GREECE'S FUTURE.

•••••

icies, Papademos told lawmakers that for his government, Greece's euro membership is "our only choice." A vote of confidence in the new government is expected on Wednesday.

Papademos, who spoke hours after conservative leader Antonis Samaras defied an EU demand to provide a written commitment to the new deal or see rescue loans frozen, promised to implement reforms faster and declared that Greece has met requirements for its next \$11 billion rescue loan.

Athens is expected to begin talks soon over the debt writedown provided under the second bailout, which was set Oct. 26. (AP)



# **Pigging Out**

Last month, a Taiwanese boy gave his coin-filled piggy bank to opposition presidential candidate Tsai Ing-wen, only to have the government deem the donation illegal, as minors are barred from political campaigns. That led to the Democratic Progressive Party's "Three Little Pigs" movement. The DPP has been handing out plastic piggy banks to encourage small donations to defeat incumbent Ma Ying-jeou in the Jan. 14 presidential poll. (AP)

# The cost per day to rent a room at St. James's Palace for

the 2012 London Olympics, British media reported. Queen Elizabeth II approved giving holders of royal warrants — companies with longstanding ties to the royal family — a chance to rent rooms during the games, which run from July 27 to Aug. 12. Officials declined Monday to say which rooms, called state apartments, will be available. (AP)

Wednesday

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Channel 5

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# World

# **Italy's Interim Premier Jockeys for Support**

Leader begins talks about a coalition to navigate debt crisis

### Rome

Italy's premier-designate Mario Monti insisted Monday it was "premature" to say whether the country will require more tough measures to rescue the nation's finances and revive its economy, as he sought enough backing from political parties to form a government.

Two days after Silvio Berlusconi resigned, and with investors still nervous about Italy's credibility, Monti spent the day consulting

IN TEACHING

# **Backstory**

The pressure for Italy to reform its economy is huge as it has become clear that the European Central Bank is not shielding it from the bond market turmoil. The central bank almost halved its purchases of government bonds last week to \$6.2 billion, effectively allowing investors to run Italy's bond yields higher. The purchases were aimed at keeping a lid on borrowing rates for Italy and other eurozone countries so they won't get frozen out of financial markets, as has happened to Greece. Improving market confidence in Italy is crucial to the future of the eurozone, as the country would be too expensive to rescue. A default on its \$2.6 trillion in debt would likely shake the global economy. (AP)

with political parties, then told reporters he couldn't say when he would have a Cabinet lined up.

A few party leaders — including some in Berlusconi's party — have demanded Monti last only

long enough to implement economic reforms, then step down so elections can be called this spring.

But Monti made clear that he intends to serve until the spring 2013 elections, calling it counterproductive

to say when he'd step down.

"If a date before [2013] is set, this haste would take away credibility from the government's actions," Monti said, adding, "I won't accept" such a condition.

Tuesday was shaping up as a crucial day for Monti to decide whether he can count on Parliament's support. A confidence vote will likely come this week, which would seal the start of Monti's government.

Investors initially cheered Monti's appointment, though concern lingered about the amount of work his government will have to do to restore faith in the country's battered economy and finances. COLLEEN BARRY AND VICTOR L. SIMPSON (AP)

# **Hearsay**



# "I am a military commander in the Norwegian resistance movement."

— ANDERS BEHRING BREIVIK, 32—
THE ANTI-MUSLIM EXTREMIST WHO CONFESSED TO THE JULY 22 BOMBING AND
SHOOTING MASSACRE THAT KILLED 77
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# World

### Thais Ease Flood Barriers



A VEHICLE CLEARS a broken flood barrier in Bangkok on Monday, a day after residents began to remove sandbags to ease flooding. Prime Minister Yingluck Shinawatra said the floods dogging Thailand since July are receding, but he asked residents in inundated areas for patience as the water drains away.

# Report: 1 in 10 Adults May Develop Diabetes by 2030

### Geneva

The International Diabetes Federation predicts at least one in 10 adults could have diabetes by 2030, according to its latest statistics.

In a report issued Monday, the advocacy group estimated that 552 million people could have diabetes in two decades' time based on such factors as aging. Currently, the group says about one adult in 13

The minimum amount of deaths caused by diabetes that occur in developing countries, according to the World Health Organization. (AP)

has diabetes. The figure includes both types of diabetes and cases that are undiagnosed.

There are about 346 million

people worldwide with diabetes, the World Health Organization says. The agency projects diabetes deaths will double by 2030 and said the International Diabetes Federation's prediction was possible.

"It's a credible figure," said Gojka Roglic, head of WHO's diabetes unit, who said the projected rise in diabetes was due to aging rather than obesity. Still, he said, many cases are preventable. (AP)



Volcano Voyage: A national park in Congo known for its endangered mountain gorillas is inviting tourists to see a volcano spurting lava into the air. Hawaii's Kilauea Volcano drew tourists this year with lava that shot 65 feet high. In comparison, volcanologist Dario Tedesco estimated that the lava on Mount Nyamulagira is spewing up to 980 feet skyward. Mount Nyamulagira began erupting on Nov. 6 and could continue to do so for days, or even months. (AP)



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# **DC Rider**



# **Metro Seeks to Recruit Veterans**

Transit system holds second job fair chiefly for military personnel

# Washington

Outside of the Marine Corps, few in the civilian world appreciated Halbert Hunter's skills as a generator mechanic, making sure the electronics that drive gears and other parts on heavy machines worked.

But it was different inside Metro headquarters Monday morning.

Hiring managers from the power and automated train control divisions met the 30-year-old at the



Kevin Berry, left, of Metro Transit Police, talks to Stacie Adams, a Howard student and a member of the National Guard, at a WMATA open house for military personnel.

# Successful Event

This year, Metro attracted twice as many attendees as last year. Organizers said they think the higher turnout was in part a reflection of the economy. Plus, they said, the event was better publicized this year through social media outlets. (TWP)

stairwell and ushered him down to a job fair designed to attract military personnel to work at the transit authority.

"Not many people get my field," said Hunter, of Clinton, Md. "I never thought doing backup power generation mattered or had that much relevance outside of the mil-

itary world until now."

Hunter was one of roughly 550 people who attended the event. Metro is seeking to fill more than 200 positions including bus operators, rail mechanics, escalator repair technicians and administrators.

"It's good business for us to hire folks in the military or with military experience because they are used to not working the traditional eight hours during the day, five days a week," said Metro's General Manager Richard Sarles. "They're used to working odd shifts. They have discipline, pay attention to details, follow the rules, know how to also think on their feet, and operate safely."

"Those skills translate to what we're looking for at Metro."
DANA HEDGPETH (THE WASHINGTON POST)

# Weekend Track Work



and keep Metrorail in a state of good repair. From Friday, November 18 at 10 p.m. to Sunday, November 20 at closing: Buses replace trains on the Blue and Yellow Lines between Pentagon City and King Street.

Temporarily closing stations and suspending train service is necessary while Metro reconditions insulators, installs communication cable and reconditions track.

In addition to operating shuttle buses between Pentagon City and King Street, Metro will run an express shuttle bus between Metro Center and Ronald Reagan Washington National Airport. For more information, please visit **MetroForward.com** or call 202-637-7000. Track work projects like this are part of Metro's commitment to building a better ride for you.



# D.C. Budget Bill Drafted

Legislation gives city more freedom, limits tax-funded abortions

# **Washington**

Rep. Darrell Issa, R-Calif., drafted a bill Monday that would give the District more freedom to spend its own money — with a catch.

The chairman of the House Oversight and Government Reform Committee has included in his measure a provision that would prohibit D.C. from spending its own taxpayer funds to pay for abortions for low-income women except in cases of rape, incest or to save the life of the mother, according to a draft of the bill.



In 1995, Congress established a control board to run the District after years of poor fiscal management. The

control board disbanded in 2001. and the District has submitted a balanced budget to Congress every year since then. Rep. Darrell Issa, R-Calif., said at a hearing in May that given D.C.'s recent history of fiscal responsibility, it made sense to give it more budget autonomy. (AP)

The inclusion of the abortion language could doom the bill from the start, as District officials - includ-

ing Delegate Eleanor Holmes Norton, a Democrat, and Mayor Vincent Gray, a Democrat — were furious when President Obama and congressional Republicans cut a deal on a spending bill in April that included a similar prohibition. Gray and several members of the D.C. Council were arrested at a Capitol Hill protest shortly after the bill was approved.

Issa's bill would allow D.C. to spend its own money after the council and mayor have approved the city's budget, without having to wait for Congress to give its subsequent approval. It would also alter the District's budget calendar by having the city's fiscal year begin July 1, rather than the usual Oct. 1. BEN PERSHING (THE WASHINGTON POST)

# **Cardozo Overhaul Begins**



MAYOR VINCENT GRAY, center, joined city leaders Monday in D.C. at a groundbreaking ceremony for the Cardozo Senior High School modernization project, due to be completed in 2013. Cardozo, first known as Central High School, was designed by William B. Ittner and built in 1914-1916. | postlocal.com

# **Allen Will Be** In All 3 GOP Va. Senate Debates

# Richmond, Va.

Republican front-runner George Allen has agreed to participate in all three debates the Republican Party of Virginia is holding next year for its candidates in the 2012 U.S. Senate race, Allen's campaign manager announced Monday.

The former governor, who's trying to win back the Senate seat he lost in 2006, had been asked repeatedly by others in the GOP field to debate ahead of the June primary.

Allen's rivals in the GOP field include tea party leader Jamie Radtke, businessman Tim Donner, Chesapeake minister E.W. Jackson and lawyer David McCormick. (AP)

**Love for Leaves:** Virginia's tree lovers can pre-order a specialty license plate from the Department of Motor Vehicles. The Virginia Loves Trees plate is designed to raise awareness of the value of community trees and features a city skyline enhanced by trees. Virginia Tech says after the first 1,000 plates are sold, \$15 of each \$25 plate fee will go to its urban forestry program and Trees Virginia. (AP)

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National Institutes of Health, Department of Health & Human Services www.clinicaltrials.gov



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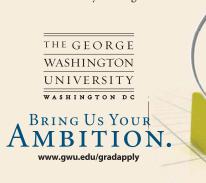
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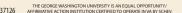
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# Local



Leaders are divided over whether to allow slot machines at the Rosecroft Raceway.

# Pr. George's Council Set **For Rosecroft Slots Vote**

# Oxon Hill, Md.

Rick Tyler, who has lived near the Rosecroft Raceway for more than 20 years, says a plan to bring slot machine gambling to the track will cost Prince George's County more than it will gain.

Tyler estimates that slots could bring 30,000 cars a day to the residential communities near the track, an onslaught that could overwhelm streets and add to gridlock on crowded commuter routes.

"People are 50-50 on slots," Tyler said.

On Tuesday, the Prince George's County Council is scheduled to vote on a zoning bill that could effectively ban slots. The bill has stirred up debate over traffic, community impact, morals and the county's need to raise money. As Prince George's leaders try to redefine the county's identity and invigorate its economy, they are divided over whether bringing slots to

# Meanwhile ...

The captain and lieutenant who oversee the Anne Arundel County Police Department's gambling investigations have side jobs as security guards for the developer building the casino at Arundel Mills, according to documents obtained by the Annapolis Capital. The afterhours security work for Cordish shocked the former chairman of the county's Ethics Commission and several law enforcement experts. (AP)

Rosecroft will help their efforts or hinder the county's progress.

"These are not good times," State Sen. President Thomas V. Mike Miller Jr., D-Calvert, said. "People don't want to pay taxes, but they will gamble. It is really hard to come up with the revenues other than by something the people enjoy and want to do." MIRANDA S. SPIVACK (THE WASHINGTON POST)

# The Lotteries

### Monday, Nov. 14

### District

Mid-day Lucky Numbers	6-4-2
Evening Lucky Numbers (Sun.)	4-1-1
Mid-day DC 4	4-5-5-6
Evening DC 4 (Sun.)	1-3-5-9
Mid-day D.C. Five	0-4-3-9-5
Evening D.C. Five (Sun.)	7-6-0-9-4

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

# **Maryland**

Mid-day Pick 3.....

Evening Pick 3 (Sun.)....

Mid-day Pick 4	8-3-3-4
Evening Pick 4 (Sun.)	6-8-7-5
Match 5 (Sun.)	4-6-14-30 (5
Virginia	
Mid-day Pick 3	2-9-6
Evening Pick 3 (Sun.)	2-2-3
Mid-day Pick 4	5-3-3-7
Evening Pick 4 (Sun.)	9-2-8-4

Mid-day Cash 5 (Sun.) . . . . . . . . 16-22-24-25-33

Evening Cash 5 (Sun.) . . . . . . . . . 2-10-12-17-28

# **Cover Story**

# Health Care's Test

Supreme Court sets the stage for a fierce battle over Obama's landmark overhaul

# Washington

The U.S. Supreme Court on Monday promised an extraordinarily thorough springtime review of President Obama's historic health care overhaul — more than five hours of argument, unprecedented in modern times — in time for a likely ruling affecting millions of Americans just before the presidential election in November.

That ruling, expected before July 4, could determine the fate of Obama's signature domestic achievement, the most far-reaching domestic legislation in a generation but a political lightning rod as well. It is opposed by all of Obama's prospective GOP opponents.

The Patient Protection and Affordable Care Act aims to provide health insurance to more than 30 million previously uninsured Americans. But Republicans have branded the law unconstitutional since before Obama signed it in a ceremony in March 2010.

The court's ruling could be its most significant and political decision since George W. Bush's 2000 presidential election victory. But the justices left an opening to defer the outcome by requesting arguments on one ruling that a decision must wait until 2015, when one provision takes effect.

Legal experts have offered a range of opinions about what the high court might do. Many prominent lawyers believe the law will be upheld by a lopsided vote. But others predict a close outcome, with Justice Anthony Kennedy, a Republican appointee who sometimes joins his four colleagues appointed by Democratic presidents, holding the deciding vote on the nine-member court.

The exceptional five and a half hours allotted for argument demonstrates the significance the justices see in this case. Normally, they allow one hour, split

# Points of Contention

In the health care law case, the Supreme Court will determine:



# Whether Congress

was acting within its constitutional powers by requiring Americans to have at least a basic form of health insurance by 2014. Those who do not would pay a penalty on their 2015 tax returns.



# Whether the law can

go forward if the so-called individual mandate is found unconstitutional. The administration says the law's more popular features, such as prohibiting companies from denying coverage due to pre-existing conditions, cannot work without the mandate that all join the system.



### Whether Congress is

improperly coercing states to extend Medicaid, which is a shared expense for federal and state governments.



ripe for a decision. Some courts have said the insurance penalty is the same as a tax and cannot be challenged until someone has to pay it in 2015. (TWP)



# **Support for the Affordable Care Act**

THE OVERALL LAW

34%

In the latest Kaiser Foundation health care monthly track-

ing survey, just 34 percent viewed the law either "very" (12 percent) or "somewhat" (22 percent) favorably, and 51 percent of people saw it in either a "somewhat" (20 percent) or "very" (31 percent) unfavorable light. (AP) THE INDIVIDUAL MANDATE

In a new CNN/Opinion Research Corporation poll, 52 per-

cent of people said they favored the individual mandate, and 47 percent opposed it. That's not an overwhelming vote of confidence from the public, but it is noteworthy, given that the bill as a whole is decidedly less popular. (AP)



"In both public surveys and at the ballot box, Americans have rejected the law's mandate that they must buy governmentapproved health insurance, and I hope the Supreme Court will do the same."

-SENATE MINORITY LEADER MITCH
MCCONNELL ON THE HEALTH CARE LAW.

between two sides. In the modern era, the last time the court increased that time anywhere near this much was in 2003 over the McCain-Feingold campaign finance overhaul. That case consumed four hours of argument.

The White House has pushed for a final ruling as soon as possible, and Communications Director Dan Pfeiffer said the administration was pleased the justices agreed to take the case now, with arguments in March.

Republicans also said they were happy the high court would hear arguments. The central provision in question is the requirement that individuals buy health insurance starting in 2014 or pay a penalty.

"That the Supreme Court is taking this up, I think, is a positive signal that there are legitimate concerns surrounding the constitutional aspects of mandating that individuals purchase health care insurance and purchase it according to Washington's guidelines," said House Majority Leader Eric Cantor. (AP)



# Staying on the Case

Two justices, liberal Elena Kagan, left, and conservative Clarence Thomas, right, who had been asked by advocacy groups to withdraw from the case, are going to take part in it. The court's practice is for justices who are staying out of a case to say so when the case is accepted, and no one has announced a recusal. Thomas's wife, Virginia, has worked for a group that has advocated against the health care overhaul, and Kagan served as solicitor general in the Obama administration when the law was being formulated. (AP)







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# **Sports**

Rejectets

NBA season is closer to cancellation as players shoot down owners' offer

### **Pro Basketball**

NBA players rejected the league's latest offer Monday and began disbanding the union, likely jeopardizing the season.

"We're prepared to file this antitrust action against the NBA," union executive director Billy Hunter said. "That's the best situation where players can get their due process."

And that's a tragedy as far as NBA Commissioner David Stern is concerned.

**137** 

The number of days the NBA lockout has lasted so far. The NFL lockout ended after 136 days.

"It looks like the 2011-12 season is really in jeopardy," Stern said in an interview aired on ESPN.

Hunter said players were not prepared to agree to Stern's ultimatum to accept the current proposal or face a worse one, saying they thought it was "extremely unfair." And they're aware what this battle might cost them.

"We understand the consequences of potentially missing the

season; we understand the consequences that players could potentially face if things don't go our way, but it's a risk worth taking," union vice president Maurice Evans said. "It's the right move to do."

But it is risky. The league already has filed a pre-emptive lawsuit seeking to prove the lockout is legal and contends that without a union that collectively bargained them, the players' guaranteed contracts could legally be voided.

During oral arguments on Nov. 2, the NBA asked U.S. District Judge Paul Gardephe to decide the legality of its lockout, but he was reluctant to wade into the league's labor mess. Gardephe has yet to issue a ruling.

Stern, who is a lawyer, had urged players to take the deal on the table, saying it's the best the NBA could offer, and advised that decertification is not a winning strategy.

Players ignored that warning, choosing instead to dissolve their union, giving them a chance to win several billion dollars in triple "It's just a big charade.
To do it now, the union is ratcheting up I guess to see if they can scare the NBA owners or something.
That's not

- NBA COMMISSIONER **DAVID STERN**, ABOVE

happening."

**In Brief** 



Matt Cassel is pursued by Broncos defensive end Ryan McBean on Sunday.

### PRO FOOTBALL

# Hand Injury May Sideline Cassel for the Season

Chiefs quarterback Matt Cassel could miss the remainder of the season after sustaining what coach Todd Haley is calling a "significant" injury to his throwing hand. Cassel hurt his right hand near the end of the Chiefs' 17-10 loss to Denver on Sunday. (AP)

# SKIING

damages in an anti-

"This is the best

trust lawsuit.

decision for the players,"

said union president Derek

Fisher, flanked at a press confer-

ence by dozens of players, including

Kobe Bryant and Carmelo Antho-

ny, and adding the decision was

unanimous said. "I want to reit-

erate that point, that a lot of indi-

vidual players have a lot of things

personally at stake in terms of their

careers and where they stand. And

right now they feel it's important

— we all feel it's important to all

our players, not just the ones in this

room, but our entire group — that

we not only try to get a deal done

for today but for the body of NBA

players that will come into this

league over the next decade and

beyond." BRIAN MAHONEY (AP)

# **Skier Dies in Avalanche**

A world record-holding professional skier who once famously jumped off a 255-foot cliff died in a weekend avalanche in Utah while on a steep slope at a closed resort. Jamie Pierre, 38, was swept over a cliff Sunday at Snowbird Ski and Summer Resort in the Wasatch mountains about 30 miles southeast of Salt Lake City. (AP)

# PRO BASEBALL

# **Cardinals Tap Matheny**

The St. Louis Cardinals on Monday hired Mike Matheny to a two-year contract as their new manager, with a club option for a third season. The World Series champs say they are not worried that Matheny has never filled out a lineup card for a major league game. "All arrows pointed to Mike," St. Louis general manager John Mozeliak said. (AP)

### Correction

Monday's sports section icorrectly reported that the Philadelphia Eagles beat the Arizona Cardinals, 24-21, on Sunday. In fact, Arizona won the game 21-17.



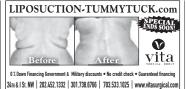
NBA union executive director Billy Hunter, right, said the bargaining process with the league's owners had "completely broken down." Players and owners have been talking for two years but couldn't reach a deal, with players feeling the league's desires to improve



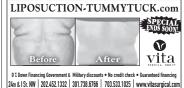
"We've given and given, and they got to the place where they just reached for too much and the players decided to push back."

competitive balance would hurt their free agency options. And beyond that, the owners' desire for a 50-50 split of basketballrelated income, after players were guaranteed 57 percent under the old deal, meant players were shifting at least \$280 million per year to the owners. (AP)





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# **Grossman Keeps Starting QB Job**

Shanahan praises performance in loss against the Dolphins

### The Redskins

Redskins coach Mike Shanahan said Rex Grossman will remain the starting quarterback as the team prepares to host the Dallas Cowboys on Sunday.

Grossman, who started the first five games of the season but was benched after throwing four interceptions in the fifth game against the Philadelphia Eagles, reclaimed the starting job Sunday against the Miami Dolphins.

John Beck had done well in the fourth quarter of the game in which he relieved Grossman, and then had a decent outing the following week — his first start since December of 2007.

But Beck struggled in the next two games, directing an offense that mustered only 11 points total. And Shanahan said Monday he believed Grossman, a ninth-year veteran, gave the team the best chance to win despite the fact that he has thrown 11 interceptions and six touchdown passes in six games this season.

"Rex is going to be our quarterback," Shanahan said. "When you go with a veteran quarterback, it's

# Meanwhile ...

Redskins rookie receiver Leonard Hankerson is out for the year after hurting his right hip in his first NFL 100-yard game. Hankerson dislocated his hip and tore his labrum in the fourth quarter of Sunday's 20-9 loss to Miami. The third-round pick out of Miami was making his second start. He caught eight passes for 106 yards in the game. (AP)

# "The ball's not going to just bounce our way. ... It could get

historically ugly."

REDSKINS DT BARRY COFIELD, WONDERING ALOUD IF THE REDSKINS WILL WIN ANOTHER GAME THIS SEASON.

pretty easy, and usually that situation stays pretty much the same. ... I was impressed with the way he played [against Miami], the way he handled himself. We had only nine points, but nine points goes to a collective group."

Grossman completed 21 of 32 passes for 215 yards Sunday, was sacked three times, threw two interceptions and failed to produce a touchdown. (THE WASHINGTON POST)



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# **TV Lineup**

MEN'S COLLEGE HOOPS (6 A.M. THROUGH 4 P.M., ESPN; 7 P.M., 9 P.M., ESPN; 8 P.M., 10 P.M.,

ESPN2) A full day of games: Drexel at Rider, Morehead State at College of Charleston, Kent State at West Virginia, San Diego at Baylor, Rhode Island at Texas, Duke versus Michigan State in New York, Kentucky versus Kansas in New York, Florida at Ohio State, and Austin Peay at California.

CAPITALS (8 P.M., CSN) The Caps hit

the road to face the Nashville Predators. SOCCER (NOON, ESPN2) The U.S. men's national team takes on Slovenia in an exhibition in Ljubljana, Slovenia.

**WOMEN'S COLLEGE HOOPS (6 P.M.,** 

ESON2) Pat Summitt leads Tennessee against Miami in an early season contest.

PRO HOCKEY (7:30 P.M., VERSUS)

The Pittsburgh Penguins play host to the Colorado Avalanche.

# **Sports**

# **Pa. Charity Chief Resigns**

Penn State sex abuse scandal brings down another top official

# **College Football**

The youth charity at the center of the child sex-abuse charges against former Penn State assistant football coach Jerry Sandusky received donations in recent years from hundreds of corporations, community groups and individuals — including the judge who arraigned Sandusky earlier this month.

On Monday, the Second Mile's president resigned, saying he hoped his departure would help restore faith in its mission.

Jack Raykovitz, a practicing psychologist, had led the group, which

# Meanwhile...

The Big Ten has taken Joe Paterno's name off the Big Ten's football championship trophy, a week after the coach was fired as a sexual abuse scandal exploded at Penn State. The trophy had been named the Stagg-Paterno Championship Trophy. Amos Alonzo Stagg won 319 games in 57 years, most at the University of Chicago. The trophy will be called the Stagg Championship Trophy. (AP)

was founded by Sandusky in 1977, for 28 years. A grand jury ruled that Sandusky found his victims through the charity's programs

Annual reports show how widely popular the charity was before the scandal hit. Hundreds of corporations, community groups and individuals donated to it each year.

Among them was State College

District Judge Leslie A. Dutchcot, who set Sandusky's bail earlier this month. She and her husband donated between \$500 and \$999 to the Second Mile in 2009, and she volunteered for the group, according to annual reports and her website. Dutchcot did not immediately say whether she will recuse herself from the case. (AP)

# **Bradley Loses in Debut as Egypt's Coach**



**BOB BRADLEY** gestures on Monday during first game as Egypt's soccer coach. The former U.S. national team leader and his squad fell victim to two goals by striker Jonas Oliveira as Brazil won the exhibition in Doha, Qatar, 2-0.

# Ali Mourns Fallen Frazier

### Boxing

Joe Frazier was remembered as a great heavyweight champion and a city icon at a funeral attended by longtime rival Muhammad Ali.

Former heavyweight champions Ali and Larry Holmes and promoter Don King were among those to pay respects at the private funeral Monday. The 67-year-old Frazier died last week after a short battle with liver cancer.

The Rev. Jesse Jackson gave stirring remarks, asking fans to stand and "show your love" for Frazier.

At one point, for the only time in the more-than two-hour service, Ali rose and vigorously clapped for his fallen rival. (AP)

Pain, No Gain: Michael Vick played with two broken ribs in the Eagles' 21-17 loss to Arizona on Sunday. Coach Andy Reid says Vick broke his two lower ribs but didn't "say a word" and played through the pain. His status for Sunday night's game at the New York Giants is uncertain. Reid says the injury "probably had something to do" with Vick's inaccuracy in Philadelphia's (3-6) loss. Vick was 16 of 34 for 128 yards and two interceptions. (AP)

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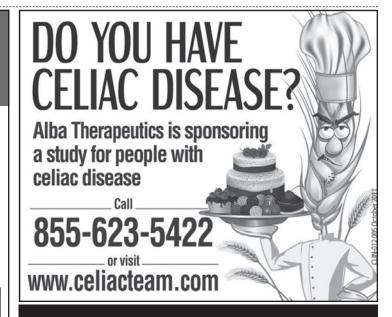
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# **Sports**



 $Charlie\,Davies\,scored\,11\,goals\,in\,his\,first\,season\,in\,pro\,soccer\,since\,a\,major\,car\,wreck.$ 

# Davies' Comeback Isn't Rewarded

Beckham wins prize over D.C. star who overcame car wreck

### **Major League Soccer**

Of all the MLS end-of-season awards, comeback player of the year seemed the most clear cut: Charlie Davies would win easily. Instead, voters selected David Beckham.

In his return to pro soccer after more than a year of rehab and reserve matches, the D.C. United forward scored 11 goals. He didn't come back from a competition-related injury; he recovered from catastrophic injuries suffered in a 2009 car accident. There was concern he would never function properly again, never mind play professional soccer.

Davies' first half of the season was more impressive than the second. He was benched for much of the final month and, despite a few scoring surges through the season,

some observers concluded he will never return to the form that propelled his club and national team career before the accident.

He didn't do himself any favors with multiple embellishments in attempting to draw penalty kicks. And many were turned off by his decision to sue a nightclub and party sponsor for negligence in allowing the driver of the car that crashed two years ago to consume alcohol.

Beckham completed his comeback from an Achilles' tendon injury during the 2010 season, returning for the final stage of the regular season and the playoffs. He didn't come back from anything this season.

Some will argue that, because Davies didn't play in MLS in 2010, he didn't deserve to win the award. But MLS deemed him a worthy candidate and included him on the ballot. He was then named a finalist two weeks ago, along with Beckham and Chicago's Dominic Oduro.

# **With Honors**

Atlanta Braves closer Craig Kimbrel was chosen the NL rookie of the year in a unanimous vote on Monday, and Tampa Bay pitcher Jeremy Hellickson won the AL award. Kimbrel, left, set a major league record for saves by a rookie with 46 this season, and Hellickson went 13-10 with a 2.95 ERA in helping the Rays win the AL wild-card spot. (AP)

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Christopher Scott,
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# fit



# **Guinea Pig | Slim Pickings**

If you thought there was a lot of hate in the blogosphere toward Netflix, just wait until you check out the Amazon.com reviews for Slim-Fast. The diet shake packed with protein, fiber and vitamins has forsaken its former cans in favor of "on-the-go" plastic bottles (\$22.48 for 20) filled with a new, creamier formula. But our taste test didn't find much of a difference in flavor (or smell — yuck). And the online reviewers are correct that they're getting less product for more money.

# Mat Scientists

Fight for your dreams of the Octagon — or just more confidence — at DC Combat Labs

Instead of beakers, they have bags. And the gloves are padded, not latex. But the folks at DC Combat Labs are working on a serious science project: How do you create the ultimate human specimen?

The new gym (4455 Connecticut Ave. NW; Dccombatlabs.com) offers classes in self-defense, fighting and fitness. Work on these three areas and, the idea is, you'll begin to look something like chief instructor and co-owner Chris Torres, the 2011 World Kickboxing Association mixed martial arts champ.

"We want people to move in their bodies," says Torres, who means not just kicking and punching, but also running, jumping and having a full range of motion. To win a brawl, fitness conditioning is critical. "You don't need to be in shape to defend yourself, but stronger people are harder to kill," he says. If your biggest opponent is your waistline, there's no better way to assault those extra pounds than a flurry of jaband-cross combos.

The instructors make a point of studying all three so they can draw connections between them. And unlike most other martial arts academies, Torres says, instructors aren't put on a pedestal. "The instructor is

also a student — a model student," he says. "It makes the techniques more approachable."

DC Combat Labs takes an umbrella approach rather than specializing in a particular martial art. Torres started with krav maga but went on to explore Muay Thai, Brazilian jiu-jitsu and other forms. "Whatever works, we use it," says Torres, who thinks that's a more realistic approach to handling an attack. You might be skilled at a certain technique, but because of weight and strength differences, it's possible it won't be all that effective.

Self-defense classes are structured around scary scenarios. One day, it's bear hug abductions; another, it's rear headlocks. Torres drills several options and lets students decide what makes them the most comfortable. Then, he'll increase the stress factor by acting out the assault. "There's no right or wrong," Torres says. "It's not how well you do the technique — it's whether you get out of it."

Sound intimidating? Torres understands. "If you get people kicked in the head, they leave quickly," he says. So he eases newcomers in with offerings such as Fight 101. It's a kickboxing class that includes some partner work, but the duos are more about motivation than intimidation. At a recent class, students drilled the basics of roundhouse





# Details

There's no uniform necessary to train at DC Combat Labs, but students are asked to wear white T-shirts and ditch their shoes at the door. For Fight 101 or Fight to Fit classes, students should bring boxing gloves (or buy a pair on site). And everyone should bring a bottle of water. First-timers are offered a free trial week. After that, classes are \$20, and monthly memberships range from \$89 to \$179.

kicks by having a partner hold one of the other partner's legs. The partner on one leg practiced pivoting to drive his or her shin into the partner's thigh. "If it's your first time, hold your partner's hand for balance," Torres advised, after showing more advanced modifications.

Allowing students to become comfortable with moves before insisting they perform them at a rapid-fire pace is another way Torres says DC Combat Labs differs from the competition. "At many martial arts schools, they drill you to see if you have the fortitude and weed out people," he says. "A good teacher can teach anybody. To weed out people is a cop-out."

His approach appeals to Laura Donaldson, 23. "I don't know at all what I'm doing, but they're helping me out," says Donaldson, who knows for sure she's getting a tough workout at Fight 101. An hour of sprinting, hitting, kicking and jumping — punctuated by push-ups and burpees — was also plenty for 39-year-old Devon Sanders. "Seriously, I can go to a weight room for five hours," he said. "But here I am still sucking wind five minutes after class."

Sounds like this DC Combat Labs experiment could produce some pretty impressive results.

# "You don't need to be in shape to defend yourself, but stronger people are harder to kill."

- CHRIS TORRES, CO-OWNER AND CHIEF INSTRUCTOR OF DC COMBAT LABS

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# The Speaker of Your House

My boyfriend and I keep arguing about politics. He's very left of center, and I'm not so much. We used to appreciate each other's differences, but now I feel like he's disrespectful to me. He says my beliefs are just "wrong" and that I'm not capable of thinking things through enough. I love him and think that he's a lot of what I want in a man, but I feel like he views me as inferior to him. I don't know how to make this better. ON THE ROCKS

There's no guarantee that you can make this better, but your next step should be finding out whether it's possible. Plenty of couples coexist at different ends of the political spectrum, but the key is genuine respect, tolerance and affection.

It sounds like his view of your beliefs has started to infect his view of you as a whole, which can poison a relationship permanently. Tell him so. And ask him whether these political differences prevent him from seeing you how he used to see you, and whether things have changed irrevocably. Most importantly, convey that the condescending tone simply doesn't feel good to you. Whether he's willing and able to change it will tell you a lot.

# **Lose Friendship** And the Dress?

My friend is angry I

lost her dress. I took

it on vacation for a destination wedding, and probably left it in the hotel. It's gone. I've offered her the money, but she seems to think that's not enough, because she can't get a dress like that anymore. I feel bad about it, of course, but I'm starting to get annoyed. I don't know what else to do. trouble in friendland

There's not much more you can do other than try your best to replace the dress, and if that's not possible, give her a reasonable amount of cash to get the equivalent now.

But your attitude about it can go a long way. I'm guessing she's feeling insulted because she doesn't think you've been taking it seriously or perhaps haven't adequately apologized. Call the hotel and try to track it down. Search online for the most similar match you can find. Offer to take her shopping so she can find another one that makes her happy, and treat her to a nice, apologetic lunch. Tell her you screwed up and you really want to make it better because your friendship means so much to you and you'd hate to think that you've blown it — and that you're truly sorry, but that it's not in your budget to do much more.



Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the book "The Friendship Fix" (Friendshipfix.com).

**Event Horizon** 

**Fast** Women What normally pairs best with running shoes? Granola bars and energy gels. But you'll probably prefer to sip wine and nibble on cheese at the Nike Chicks-n-Kicks event Thursday, 7-9 p.m., at Pacers Arlington (3100 Clarendon Blvd., Arlington). The free ladies' night will center on a Nike rep showing off new stuff, but attendees can also enter raffles, enjoy massages and get tips on natural makeup. RSVP to Jenna@runpacers.com.

# phys ed fit

# The Sweat Shack

Athleta's Georgetown shop hawks activewear designed to keep women dry and comfortable

Don't expect to see any stick figures in the windows at Athleta's new Georgetown store. The activewear company insisted that its mannequins have defined calves and muscular butts, so shoppers could more easily imagine themselves in the clothing.

It's an example of the attention to detail that's helped the brand connect with women since it launched as a catalog in 1998. Now owned by Gap Inc., Athleta is rolling out stores across the country, including a location at 3229 M St. that opened its doors last week.

Customers are greeted by the two most popular categories when they enter the nearly 5,000-square-foot space: yoga clothes on the right and the run/gym section on the left. The former includes pieces by Pink Lotus, one of a handful of outside vendors Athleta considers compatible (the store also stocks a ton of Smartwool tights and socks and Camelbak products). For runners, the current selection is designed to keep wearers warm, with windproof panels and sleeves with thumb holes.



 $Ath leta's \ winter \ run/gym \ selection \ encourages \ layering, particularly \ skirts \ over \ tights.$ 



Programs run out of the Georgetown location will be based on customer demand.

Also seasonally appropriate is the snow sports apparel, along with a wide array of après-ski sweaters and long-sleeved dresses. During warmer months, those racks will hold bathing suits and lighter options for wearing after activities.

You'll have to trek past the accessories (jewelry, scarves, hats), the equestrian gear (including tops with stretchy panels on the sides to allow more movement and jodhpur-esque jeans) and hiking clothes to get to the

sports bras. They're tucked away behind a wall by the dressing rooms to allow for privacy.

All staffers are trained in how to size bras, and in how to take customers' measurements. (Hemming of pants and sleeves is complimentary.) Another benefit of visiting the brick-and-mortar — and reclaimed wood — store is that Athleta can offer free shipping on items not in stock, including a broader range of sizes and footwear.

The company hopes to engage customers more by offering free classes and

# "We can take advantage of the trails and river. ... It's not going to be the same old run club and yoga class."

— **GINA NELSON,** GENERAL MANAGER OF ATHLETA GEORGETOWN

seminars. It's up to each store to determine what makes sense for the location, and general manager Gina Nelson says there's no better launchpad for adventures than Georgetown. "We don't need to confine ourselves to the typical store environment. We can take advantage of the trails and river nearby," she says. "It's not going to be the same old run club and yoga class."

No matter what activities end up on the calendar, chances are they'll lead to defined calves. VICKY HALLETT (EXPRESS)



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# Abs Exercise Upgrades

If your belly refuses to flatten, tweak your favorite core exercises to get more results per rep

# Side Plank and Row

**Perk:** This upgrade also works your lats to help you stand taller and look slimmer.

Loop a resistance band around a low object and lie on your side facing the band. Hold the handle with your top hand and get into a side plank. Pull the handle to your rib cage, pause, then slowly return to start. Keep your hips raised the entire time (so your body forms a straight line). Do 10 to 15 reps, switch sides, and repeat. Rest 60 seconds. Do two more sets.

# Around the World Plank

**Perk**: The plank is one of the best core strengtheners, but adding this extra challenge makes it even more effective at toning the muscles in your abs, back and shoulders.

Start in a push-up position with both feet on a bench and your hands on the ground. Without dropping your hips, walk your hands around the bench as far as you can with good form, pivoting from your feet. Rest 60 seconds; repeat three times.

# **Anti-Rotation Crunch**

**Perk:** Your core will work harder to prevent rotation (which engages your obliques).

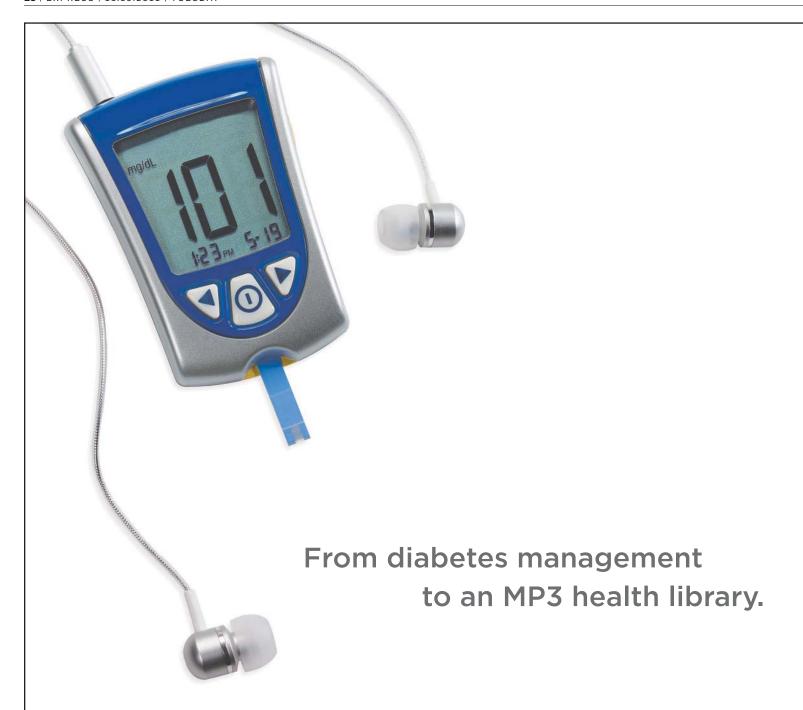
Attach a resistance band to a low object and lie next to it, holding the band in front of your chest with both hands and arms extended. Perform a crunch without letting your torso rotate toward the band. Pause, then slowly return to start. Do 15 reps, switch sides and repeat. Rest 45 seconds, then do a set of 12 on each side. Rest again, then do a final set of 10 on each side.

# **Medicine-Ball Pike**

**Perk:** It's trickier to balance on a small ball, so you'll work an even greater number of stabilizing muscles. The move also engages your hip flexors and rectus abdominis (your six-pack muscles) more effectively.

Start in a push-up position, with your toes on a medicine ball. Keeping your core tight and legs straight, raise your hips as high as you can to roll the ball toward your hands until your feet are flat on top of the ball. Pause, then return to start. That's one rep. Do eight to 12, then rest 45 seconds. Do a total of three sets. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE @ RODALE INC.)





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# nutrition fit

# Changing The Orders

Restaurant trends are getting it right

It's no stretch to say that restaurant chains are partly to blame for the growth of Americans' waists. Meanwhile, they seem to look out only for the girth of their bottom lines. In recent years, though, we've seen a slow shift. Trans fats are disappearing, chains are becoming more transparent about their ingredients, and more healthful dishes are cropping up on menus. Order up these restaurant trends, and you'll encourage more chains to join the fight against obesity — and bad food.

(REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

# **Prudent Portions**

For decades, restaurant portions grew, and even restaurant employees hardly noticed. In a Penn State University study, 76 percent of chefs thought they were serving normal-size portions. In truth, 90 percent were serving more pasta than the USDA-recommended serving size, and 83 percent were serving a larger-than-recommended portion of meat.

But portion bloat now appears to be undergoing a reversal. T.G.I. Friday's and the Cheesecake Factory both introduced reduced-portion, reduced-price menus in 2007. In 2008, Au Bon Pain launched its Portions menu, and in 2010 California Pizza Kitchen came out with a Small Cravings menu. Recently, Starbucks revealed a line of small-scale Bistro Box meals.



# An Avocado Avalanche

Americans are waking up from the myth that fats make us fat. Avocados, for example, are roughly 80 percent fat, but two-thirds of that comes from monounsaturated fatty acids, which have been associated with improved cognitive function, lower odds of obesity and decreased rates of heart disease.

So it's no wonder that the number of restaurant menu items featuring avocado increased by 58 percent between 2005 and

# **Low-Cal Guy Food**

A low-calorie menu used to mean offerings such as cooked cabbage and lentils, or an iceberg wedge.

But heartier healthful menus have arrived. Within the past couple of years, Ruby Tuesday launched its Fit & Trim menu, Denny's crafted a Fit Fare menu, and Applebee's created its Under 550 Calories menu. And not one of those chains sells cabbage. They feature gutsy entrees such as Tex-Mex omelets topped with pico de gallo, grilled jumbo shrimp in teriyaki sauce and sirloin steaks draped in melted cheese.

Perhaps the biggest low-cal coup came in August, when the Cheesecake Factory launched its SkinnyLicious menu with nearly 50 items with less than 600 calories. Granted, the name needs work, but the food isn't as dainty as it sounds: hamburgers, tenderloin and barbecued chicken.

2009, according to the Hass Avocado Board.

This year, Carl's Jr.

launched a Guacamole
Turkey Burger, and
Denny's developed
a new Chicken
Avocado Sandwich.
T.G.I. Friday's, the
Cheesecake Factory and
California Pizza Kitchen

.... also feature

The increase in the number of restaurant items featuring avocado from 2005 to 2009, according to the Hass Avocado Board.

avocado in some of their latest salads. One of the most exciting developments of this past summer: Subway offered avocado as a sandwich all of its 24,188 That sure beats

topping in all of its 24,188 U.S. stores. That sure beats a swipe of mayonnaise.

# What to Look For:

Don't be fooled by items like California Pizza Kitchen's 1,224-calorie Avocado Club Egg Rolls. The avocado's a nice touch, but the cheese, bacon, fried shell and oily sauce combine to create serious waistline repercussions.

# **Recipe File**

# CHICKEN CORDON BLEU ROLL-UPS

# **Ingredients**

- 8 slices light wheat bread
- ▶ 6 ounces deli-sliced smoked chicken breast
- 2 ounces deli-sliced lowsodium ham
- 2 tablespoons Dijon mustard, divided
- 4-ounce block 75 percent reduced-fat sharp cheddar cheese, cut into 16 even strips
- Olive oil cooking spray
- ▶ 1 tablespoon red wine vinegar
- 1 teaspoon fresh tarragon, chopped
- 2 large Belgian endives, cut in half and sliced 1/2-inch thick lengthwise
- ▶ 1 Granny Smith apple, cored, quartered and cut into 1/4inch slices

# **Makes Four Servings**

Lay two slices of the bread on a clean work surface. Overlap the curved tops of the bread slices by 1 inch. Use a rolling pin to flatten the bread slices into very thin rectangles, adding extra pressure to the overlapped area. Repeat with remaining bread slices to make four total rectangles.

Top the bread rectangles evenly with sliced chicken, then the ham, being sure to cover the surface of the bread evenly with each addition. Divide 1 tablespoon of the mustard between the roll-ups, spreading it evenly over the ham.

Stack four strips of cheese lengthwise along one short end of each rollup. Roll each up like a carpet, making them as tight as possible. Once they



are rolled, wrap each roll tightly with a piece of parchment paper.

Place the rolls on a microwavesafe plate and microwave on high until warmed through, one to two minutes.

Meanwhile, spray a large nonstick skillet with cooking spray and place over medium-high heat. Unwrap each roll and place in the pan. Cook for four to five minutes, or until browned, rolling them around to brown evenly.

In a large bowl, mix the remaining 1 tablespoon of mustard, the vinegar and tarragon. Add the endive and apple slices, and toss to coat. Season with salt and pepper, then divide between four serving plates. Once cheese is coming out the sides of the rolls and the bread is browned, place the roll-ups on a cutting board.

Cut each roll into four to six pieces and divide the pieces evenly among the plates. (AP)



231 calories; 4 g fat (15 percent of calories from fat; 2 g saturated);

33 mg cholesterol; 27 g carbohydrate; 23 g protein; 6 g fiber; 1,070 mg sodium.



# **Skip the Second Soda**

Even if sugar-sweetened beverages aren't making you pack on the pounds, they could be putting you at risk for heart disease and diabetes. A study presented Sunday at the American Heart Association's annual meeting found that women (but not men!) who drank two or more sugary

beverages a day had much higher risk than women who opted for fewer sweetened sips.  $({\sf EXPRESS})$ 

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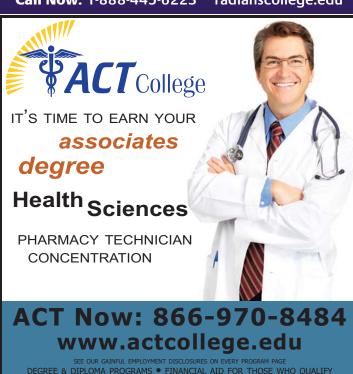
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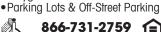
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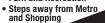
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The Washington Post

If you don't get it, you don't get it.

# lookout



Say It Ain't So, Brad Pitt, 47, says he might quit acting when he turns 50 years old 43

# Sound Bets



# Radical Raheem

Music celebrities including Kanye West and Russell Simmons support the Occupy movement, but R&B singer and Prince George's County native Raheem DeVaughn has taken it to the next level and has actually been arrested for occupying something. DeVaughn, with Princeton professor



Cornel West and 17 others, was detained in D.C. on Oct. 16 for gathering on the steps of the U.S. Supreme Court and refusing to leave. DeVaughn's re-

sponse to that incident is his new "Freedom Fighter" mixtape, which can be downloaded for free at 368musicgroup.bandcamp.com. The revolutionary rhetoric is loud, as when DeVaughn sings, "It's hard to watch the throne/when I'm watching the clock/I got a vest at the crib/and a loaded Glock," on the track "My Plea." But the collection is sonically strong and features contributions from Damian Marley, Bun B, Jill Scott and more.

The 36-year-old "R&B Hippie Neo-Soul Rock Star" has always been a creative self-promoter, efforts that now include a weekly Internet radio show on Blis.fm. But unlike when most celebs big-up the "99 Percent," DeVaughn's "Freedom Fighter" sounds like more than a PR move.

Read Christopher's previous columns at: expressnightout.com/soundbets

# Hip-Hop's Underdog

Donald Glover stakes his claim as the best actor-turned-rapper on a new disc, 'Camp'

### **Album Review**

"Man, why does every black actor gotta rap some?" wonders Donald Glover, the actor who moonlights as the rapper Childish Gambino. "I don't know/All I know is I'm the best one."

It isn't an empty boast. With his new, sure-to-be-breakthrough disc,

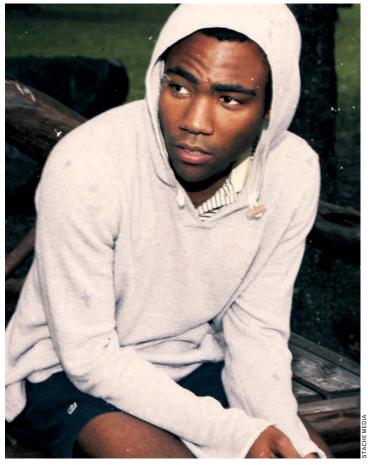


Camp Childish Gambino

"Camp," Glover has completed his unlikely evolution from comedy writer to actor (he co-stars in the sitcom "Community") to ridiculously good alterna-rap star.

"Camp," which details Glover's rise from suburban kid to — at least to hear him tell it — underappreciated rapper, is smart, tightly made and intensely personal. It's focused on a central complaint: that Glover is a cultural misfit, too hip-hop [read: black] for indie rock, too indie rock for hip-hop, or, as Glover sums it up on one devastating line on the great "Firefly," "the only black kid at a Sufjan [Stevens] concert."

Although "Camp" makes much of this divide, its best songs look backward. They're built-up, soulinfluenced tracks that reference Glover's childhood, often braced



Donald Glover, who co-stars on "Community," records music as Childish Gambino.

"Camp," which details Glover's rise from suburban kid to — at least to hear him tell it — underappreciated rapper, is smart, tightly made and intensely personal.

by sing-song backing vocals and stringed instruments (like "Outside," which owes a good deal, intentional or not, to Cults' "Go Outside"). The disc's grimmer material, most of which references Glover's perceived uncoolness (like the tuneless but funny hipster takedown "Backpackers") doesn't fare as well.

Nostalgia and aggrievement merge on "Hold You Down," a dark, strangely pretty indictment of racism ("You're not not racist 'cause "The Wire's' in your Netflix queue") that almost makes a case for the disc's main theme — the television star as underdog. ALLISON STEWART (THE WASHINGTON POST)



This week might be the biggest of Don ald Glover's young career.

MONDAY



TUESDAY: The 28-yearold releases "Camp"; goes on "Conan" (TBS, 11 p.m.).

**TUESDAY** 



WEDNESDAY

THURSDAY:
Glover stars in another episode of his NBC sitcom, "Community" (8 p.m.).

THURSDAY



FRIDAY SAT

SATURDAY



**Cloud Tunes:** Apple has launched iTunes Match, a new cloud music service that was supposed to debut in October. Unlike other cloud services, iTunes Match, which costs \$25 per year, scans the music you have in your library and allows you to access high-quality versions of songs you already own in the cloud, if available on iTunes. If a song isn't, Apple will upload your copy to the cloud. Your library can then be synced among various iDevices. (EXPRESS)

# lookout entertainment



**Future Films** Cue up "Carmina Burana": It's time for Coming Attractions, an evening of movie trailers presented by the DC Film Society. You can rate each preview by how much it makes you want to see the movie; please do not say you're interested in "New Year's Eve" (starring Zac Efron, shown), the spiritual successor to "Valentine's Day." That just encourages the studios. EStreet Cinema, 555 11th St. NW; 7 p.m., \$8; 202-452-7672, Dcfilmsociety. org. (Metro Center)

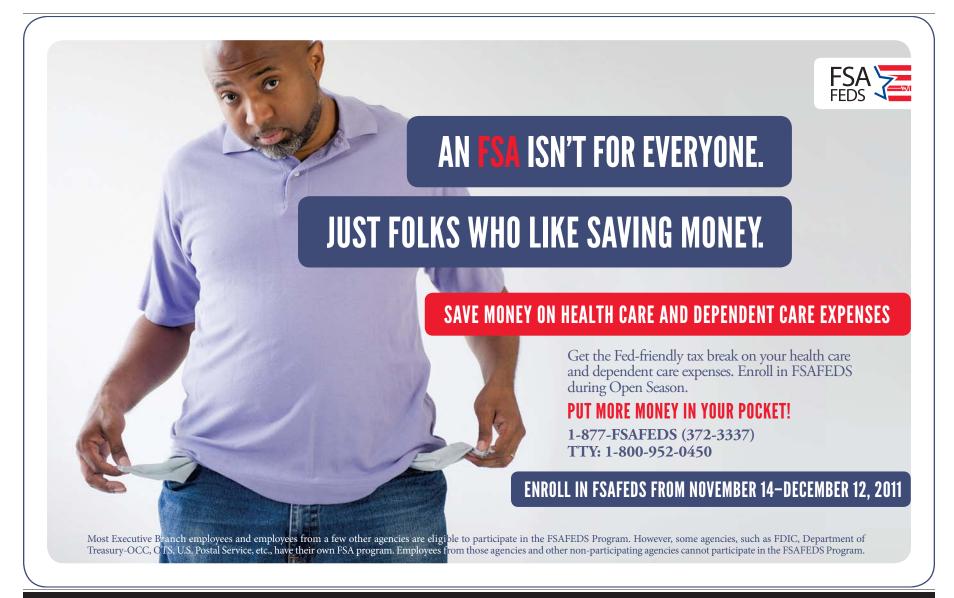
Mad Love The plot of "Lucia di Lammermoor" is a Gothic nightmare — a woman forced to marry for money goes out of her mind and starts losing it, operastyle, which is the craziest kind of losing it there is. The Kennedy Center reimagines the Italian work as a Victorian melodrama, of the sort beloved by Charles Dickens and Helena Bonham Carter. It's still in Italian, though. Kennedy Center, 2700 F St. NW; through Nov. 19, \$25-\$300; 202-467-4600, Kennedycenter.org. (Foggy Bottom)

Founding Fodder

What motivates someone to become a Thomas Jefferson impersonator? Perhaps the realiza-

tion that there is no way any of us will

ever be as key to history as T.J., so you may as well pretend. Bill Barker plays Jefferson at Colonial Williamsburg, and tonight he'll talk about Jefferson's views on religion. National Museum of Natural History, 10th Street and Constitution Avenue NW; 6:45 p.m., \$30; 202-633-3030, Residentassociates.org. (Smithsonian)





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# entertainment lookout

# **Worldwide Destruction**

Landmarks all over Earth are toppled in 'Modern Warfare 3'

# Video Game Review

Activision's "Call of Duty" releases are to video games what Michael Bay movies such as "Transformers" are to cinema. They're loud and flashy, they deliver state-of-the-art digital effects, and they don't have a coherent thought in their heads. If playing the latest "CoD" campaign doesn't give you a headache, trying to make sense of its convoluted, preposterous story will.



In "Call of Duty: Modern Warfare 3," New York City is under attack from Russia.

The amount money in sales "Call of Duty: Modern Warfare 3" generated in its first 24 hours in stores last week, a new first-sales record. "Call of Duty: Modern Warfare 3" is the third game in the military shooter series to set such a record. Last year, "Call of Duty: Black Ops" raked in \$360 million in its first 24 hours on sale. (AP)

"Call of Duty: Modern Warfare 3" (Xbox 360, PlayStation 3, PC, \$59.99; Wii, \$49.99) begins with New York City under attack from Russia. How did we get here? In the previous chapter, an American undercover agent got himself framed in a terrorist attack at the Moscow airport, and now the Russians are retaliating. Both sides, however, are merely pawns being manipulated by Vladimir Makarov, who's bent on destroying the West and returning Mother Russia to its former glory.

So begins a symphony of destruction that lays waste to cities and landmarks all over the world. Wall Street gets leveled. The Eiffel Tower is toppled. In one particularly manipulative moment, a little girl and her mother gawk at Big Ben before London gets its clock

It all looks and sounds spectacular, if not a little unsettling. LOU KESTEN (AP)





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# Female Volunteers Needed



Doctors at the National Institutes of Health (NIH) invite you to participate in a study looking at the effect of a cortisol blocking medication on glucose and cholesterol abnormalities.

### You may qualify if you:

- Are 45-70 years old
- Have had menopause
- Are overweight
- Have abnormal glucose and triglyceride (a form of 'bad' cholesterol) levels but are not on any medications for it
- Are not on estrogen containing hormone therapy

# The study involves:

- Initial screening visit with general health assessment
- Treatment with a cortisol blocking medication (mifepristone) or non-active pill (placebo) for seven days. Each woman will take both study agents separated by six to eight weeks
- Testing before and after study agents will include blood drawing over 24 hours, urine collection, an intravenous glucose tolerance test, and 1-2 day overnight inpatient stay





All study-related tests and medications are provided at no cost. Participants will be compensated.

> For more information, please call: 1 - 8 0 0 - 4 1 1 - 1 2 2 2 (TTY:1-866-411-1010) Refer to study #11-CH-0208 Se habla español http://clinicaltrials.gov

The NIH Clinical Center, America's research hospital, is located on the Metro red line (Medical Center stop) in Bethesda, Maryland. Parking is provided at no cost.





Eunice Kennedy Shriver National Institute of Child Health & Human Development

# lookout entertainment



# **Mixed Media**

# **Kindle's Next Step**

The **Kindle Fire** (\$200) is the best Kindle yet. It's amazing that it costs half of what the first Kindle cost yet does so much more than display books. More an all-purpose computer than an e-reader, it shows movies, TV shows and Web pages. It does email and games. Just don't compare it to Apple's iPad, or other, more expensive tablets on the market. (AP)

# A 'Brave' New Girl for Pixar

The upcoming tale is the studio's first to have a female lead

### Film

The newest princess from the Walt Disney Co. is more interested in shooting arrows and hunting bears than attending balls and finding Prince Charming. Merida, the spunky curly-haired Scottish heroine from the upcoming Pixar Animation Studios adventure "Brave," is breaking new ground as the archeryloving protagonist of the Oscar-winning studio's first fairy tale.

"She's your anti-princess," says



"Brave's" Princess Merida is voiced by "Boardwalk Empire's" Kelly Macdonald.

"Brave" co-director Mark Andrews. "She wants to get out in the out-doors ... escaping from castle life and exploring the woods."

"Brave," set for release June 22, 2012, is set in medieval Scotland

and features the voices of "Board-walk Empire" actress Kelly Macdonald as Princess Merida, Emma Thompson as Queen Elinor and Billy Connolly as her one-legged father, King Fergus.

Despite being the first Pixar film to focus on a female heroine, Andrews says "Brave" will be less about girl power and more about the relationship between mother and daughter, likening the defiant princess to a teenager who is forced to attend the same high school where her mother is the principal.

In the film's trailer, out Tuesday, Merida's father tells of the 12-foot-tall beast with razor-sharp claws, a face scarred with a dead eye and "hide littered with the weapons of fallen warriors," that chomped off his leg while the rebellious Merida transverses a lush forest, ascends a mountain and lands a bull's-eye at a tournament. DERRIK J. LANG (AP)



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DEPARTMENT OF HEALTH AND HUMAN SERVICES and NATIONAL INSTITUTES OF HEALTH (NIH)

# Do You Have Crohn's Disease or Ulcerative Colitis?

You may be eligible for a research study at the National Institutes of Health (NIH).

The goals of the study are to learn more about genetic and immune factors that contribute to inflammatory bowel diseases, and to gather information that may lead to better treatment options.

# You may be eligible for the study if you:

- Are 18-75 years old
- Have Crohn's disease or ulcerative colitis
- Are willing to have a colonoscopy

Participants will be asked to visit the NIH Clinical Center in Bethesda, Maryland, for a blood draw, medical history, and other procedures. Some participants may also qualify for future treatment studies.

# For more information, call

1-800-411-1222

(reference 82-I-0183)

TTY: 1-866-411-1010 Se habla español

Visit: www.niaid.nih.gov/Volunteer/crohns Email: testwick@niaid.nih.gov



# Millennium Clinical Trials

is looking for potential participants for several upcoming and current clinical trials including:

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If would like to learn more call **703-527-8100**.

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# TV tonight lookout

### **Best Bets**



### The Biggest Loser

Speed skater Apolo Ohno, shown, stops by to motivate the contestants — now competing as singles — through the final event of a pentathlon that tests them on speed, strength and knowledge.



ні**зт 9:00**  **Engineering Evil** More than 60 years after the Holocaust ended, the question remains: How could such a thing happen? This special uses artifacts, footage and expert testimony to try to answer that question.





### **Fashion Hunters**

After Tara and Ambria, shown, go in search of clothes from eco-conscious designer Samantha Pleat for an event, they get down to planning and are distressed to realize that everyone has different ideas. (TRIBUNE MEDIA)



AFI'S MASTER CLASS — THE ART OF COLLABORATION

# **In Perfect Harmony**

тсм 8:00 Composer John Williams, left, and Steven Spielberg, right, sit down in a theater and discuss nearly 40 years of working together in this new special. But you don't have

to be a fan of their work to find the conversation stimulating. For example, Spielberg shows a scene from Alfred Hitchcock's "Vertigo" and explains how dull it would seem without Bernard Herrmann's score to guide and manipulate our emotions. (UNIVERSAL

# **Comedy**



# **Turkey Time**

On "New Girl," (9 p.m., Fox), Jess (Zooey Deschanel, left,) invites Paul (Justin Long, right), a colleague she's long admired from afar, to share Thanksgiving dinner with the gang at the loft. If you think things are going to go smoothly, you've never seen a holiday episode of a sitcom. (TM)





# **Healthy Volunteers Needed**

The National Institutes of Health (NIH) is seeking Healthy Volunteers, men and women, to compare to individuals we have studied with Narcolepsy, a sleep disorder.

You may be eligible to participate if:

- You are between 18 and 55 years of age.
- · You are a non-smoker.
- You are not taking any prescription medications.
- You are premenopausal and not taking any hormonal contraceptives.
- · You are able to stay at the NIH Clinical Center for one week.

Study is conducted at the NIH Clinical Center in Bethesda, MD. Compensation is provided.

For more information please call: 1-800-411-1222

TTY: 1-866-411-1010 Se habla español www.clinicaltrials.gov Refer to study # 06-DK-0079





Department of Health and Human Services

# New Washington Gas Customer Payment Center

Washington Gas is relocating one of our customer walk-in offices and payment centers from 101 Constitution Ave., NW, to 1100 H Street, NW, first floor, near the Metro Center Metro stop.

Our new location on H Street will be open on Monday, Nov. 21, at 8 a.m.

Please note: To facilitate this move, our 101 Constitution Ave., walk-in office will be open only from 8:30 a.m. to 12:30 p.m. on Friday, Nov. 18. Also, our Anacostia walk-in office will remain open and maintain regular business hours.

New Washington Gas Payment Location 1100 H Street, NW First Floor Washington, DC 20080 Hours: 8 a.m. to 4 p.m.

# Other Walk-in Payment Locations:

Anacostia Office 3101 Martin Luther King Jr. Avenue, SE Washington, DC 20032 Hours: 8 a.m. to 4 p.m. Frederick, MD Office 1800 N. Market Street Frederick, MD 21701 Hours: 8 a.m. to 4:30 p.m. Shenandoah, VA Office 350 Hillandale Lane Winchester, VA 22602 Hours: 7:30 a.m. to 4:30 p.m.

# Drop box only locations:

101 Constitution Ave, NW Washington, DC 20080

4000 Forestville Road Forestville, MD 20747 6801 Industrial Road Springfield, VA 22151



# lookout online





"Perhaps you were watching the Bills/Cowboys game and happened to see the Bills' David Nelson [who scored] a touchdown, then ran the length of the field to his girlfriend, who is a Cowboys cheerleader, gave her the ball and hugged her. Cute, right? Wrong! This little gesture of love has sparked criticism from both teams' fans that they want her fired."

-AMOREMAGAZINE.COM was a bit surprised to see the backlash in reaction to Nelson's celebration, which included his girlfriend, Kelsi Reich, on Sunday at Cowboys Stadium.

"Kenny Chesney & Tim McGraw join for a 2012 'Brothers of the Sun' stadium tour. This makes it a lot easier to avoid seeing them separately."

-@TWANGNATION doesn't plan on seeing the two country mega-stars, who announced their tour dates Monday.

"Never in my life have I waited out on the street to attend an event, and I certainly never spent five days in a tent in the rain waiting for a movie premiere. But that's just what the Twihards are doing in L.A. right now. These kids are nuts."

 GAWKER.COM is amazed by the number of fans who are going to such lengths to see the premiere of "Breaking Dawn — Part 1" due in theaters on Friday. "There's not much else to be said about this brief trailer, except:
Ahhhhhhhhhhh!!!!
Please excuse the mature adults in your midst who are currently running around in circles on the floor. This is just very exciting for some of us."

-THEATLANTICWIRE.COM is geeking out after seeing a preview released Monday for the "Hunger Games" movie, starring Jennifer Lawrence, above. "I don't see Chelsea Clinton being the next Barbara Walters or Oprah Winfrey, but she is a left-winger, so she does have that in common with those famed interviewers. Guess someone at Rockefeller Center thought bringing her on would generate ratings. How much do you want to bet hiring Chelsea is just a way to get Bill Clinton on their network more often?"

 GILLREPORT.COM reacts to word that NBC News has hired the former first daughter as a special correspondent.

# Did something terrible happen that you can't get out of your mind?

- ➤ Do you experience the event over and over again, either through unwanted memories or nightmares?
- > Are you jumpy, irritable or easily angered?
- > Is it hard to trust or love other people?
- > Have you lost interest in activities you once enjoyed?
- Have you started to drink too much alcohol?

People between the ages of 21 and 50 who have the above symptoms may qualify for a five week inpatient research study looking at the effects of a new drug for individuals with Post-Traumatic Stress Disorder and alcoholism. There is no cost for taking part and people will be compensated for their participation. For further information about this study being conducted at the NIH Clinical Center in Bethesda, MD, call 301-496-1993. TTY: 866-411-1010 www.cc.nih.gov Se habla español Protocol # 09-AA-0136





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Hyatt Regency - Capitol Hill Nov. 18th (Fri.) 400 New Jersey Ave NW

Park Hyatt - Washington Nov. 21st (Mon.) 1201 24th Street, NW Hyatt Regency - Bethesda Nov. 22nd (Tues.) 7400 Wisconsin Ave. 1 Bethesda Metro Center

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# puzzles lookout

# Horoscope

SCORPIO (Oct. 23-Nov. 21) The first idea that comes into your head today is likely to be the most exciting — but not the most realistic. Another will bring rewards.

SAGITTARIUS (Nov. 22-Dec. 21) It might be marginally easier to do the difficult things — but you may be weary of doing anything that doesn't come

### CAPRICORN (Dec. 22-Jan. 19)

very easily.

You may be doing yourself a serious disservice today by keeping your true feelings to yourself; share with someone who can help.

AQUARIUS (Jan. 20-Feb. 18) Asking for help is no sign of weakness; indeed, it is likely guite the opposite — and today, help may be forthcoming from all directions.

PISCES (Feb. 19-March 20) Reach out to another with an unexpected display of kindness and generosity, and you'll marvel at the results. Something is just beginning.

ARIES (March 21-April 19) You'll want to stick to your timetable today — but doing so may be more difficult than usual because of the involvement of a young person.

TAURUS (April 20-May 20) Your beliefs may be put to the test as a result of a conflict between you and someone who has more proof than you do.

GEMINI (May 21-June 20) A message from afar has you feeling more connected today, even though the information is a combination of good and bad news.

CANCER (June 21-July 22) Before you take time out to indulge in something personal, you'll want to tend to one or two pressing business matters. Don't neglect them.

LEO (July 23-Aug. 22) You'll want to go over your list of do's and don'ts very carefully — and some things may shift from one column to the other.

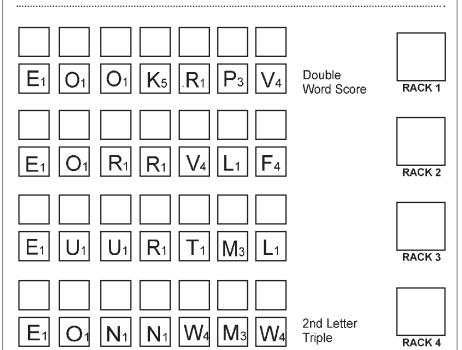
VIRGO (Aug. 23-Sept. 22) Keep your eye on the prize today, and profit can be yours by day's end. Only one small distraction, can change your destiny.

LIBRA (Sept. 23-Oct. 22) Questions may be asked about your past behavior. Don't let another provide the info desired; it'll be up to you to tell the truth.



# Scrabble Grams

### PAR SCORE 150-160, BEST SCORE 220



### Yesterday's Solution

P <sub>3</sub> H <sub>4</sub> L <sub>1</sub> E <sub>1</sub> G <sub>2</sub> M <sub>3</sub>	RACK 1 =	18_
E <sub>1</sub> N <sub>1</sub> T <sub>1</sub> R <sub>1</sub> O <sub>1</sub> P <sub>3</sub> Y <sub>4</sub>	RACK 2 =	62
T <sub>1</sub> O <sub>1</sub> U <sub>1</sub> R <sub>1</sub> N <sub>1</sub> E <sub>1</sub> Y <sub>4</sub>	RACK 3 =	60
C <sub>3</sub> R <sub>1</sub> Y <sub>4</sub> S <sub>1</sub> T <sub>1</sub> A <sub>1</sub> L <sub>1</sub>	RACK 4 =	86_
PAR SCORE 150-160	TOTAL	226

### FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

# Sudoku

### MEDIUM

			2			3	
7				5	4	1	
				5 4 9 2			8
		3		9			8 5
	1		5	2		6	
6			5 4		8		
6 3			1				
	8	7	6				2
	8			8			

### Yesterday's Solution

5	9	2	6	1	4	7	8	3
6	8	1	3	9	7	2	5	4
4	7	3	2	8	5	6	1	9
7	6	5	1	3	2	9	4	8
9	1	8	4	7	6	5	3	2
3	2	4	8	5	9	1	7	6
8	3	7	9	6	1	4	2	5
2	5	9	7	4	3	8	6	1
1	4	6	5	2	8	3	9	7

# Need more Suldolku?

Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

# Comics

# FIND MORE COMICS AT EXPRESSNIGHTOUT.COM

# **POOCH CAFE | PAUL GILLIGAN**









### **PEARLS BEFORE SWINE I STEPHAN PASTIS**







### Forecast



Today: Warm today with a shower. Rain tonight.



tomorrow. Cooler tomorrow night; a shower.

Tomorrow: Rain and a thunderstorm

# **Looking Ahead**



THU





53 | 35 | 52 | 37 | 57 | 44

# **Sun and Moon**

Sunrise today: 6:50 a.m. Sunset today: 4:55 p.m. Moonrise today: 9:01 p.m. Moonset today: 10:48 a.m.

**Almanac** Normal high: 59 Record high: 77 Normal low: 42

Record low: 19

FORECAST BY ACCUWEATHER.COM © 2009





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Security+	Dec	16
Network+	Dec	17
MCTS Windows 7	Jan	28

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# lookout puzzles

17

20

23

32 33

37

41

44

### Crossword

# **ACROSS**

- 1 Jessica of Hollywood 5 Tot's first word,
- sometimes
- 9 Trumpet part
- 14 Flowerless plant
- 15 "Don't leave home without it" card
- 16 Square footage measures
- 17 Neglect to include
- 18 Tour de France, for one
- 19 Rlame bearers
- 20 "Good Will Hunting" star 23 112.5 degrees away
- from S
- 24 One of Columbus' ships
- 25 Wharton degree
- 26 Tub trio of rhyme
- 27 Taken-back auto
- 29 \_\_\_ in turkey
- 32 Pouter's expression
- 35 "As Good as It Gets" star
- 37 Put into position
- 40 Spaghetti recipe phrase
- 41 Another "Good Will Hunting" star
- 43 Relaxation's partner
- 44 Yoko born in Tokyo
- 45 Trick
- 46 Ball belle
- 48 Zip
- 49 Use an old-fashioned phone
- 51 Large primate 54 Another "As Good as It
- Gets" star 57 Distinguishing feature
- 59 Milky stone
- 60 Kind of rock or rain
- 61 Voluntarily forgo 62 Paul in "Scarface"
- 63 Just OK
- 64 Eyeballed amorously
- 65 This, in Havana
- 66 Meat and veggie dish

- 1 Prefix for "mentioned" 2 Auto seen much too much
- in an auto shop
- 3 Payola, e.g.
- 4 "No" voter
- 5 Man with a controversial

# theory

61

64

- 6 At full speed
- 7 State formally
- 8 Ice-rink feat
- 9 Tramp
- 10 Wavy lines, in comics

54

- 11 Grassy pastures
- 12 Dyeing tank
- 13 It can turn one into many?
- 21 One-eighty from SSW
- 22 Urge forward
- 26 Disappear, as a
- snowman
- 28 Vigorous spirit
- 29 Thing to hum or whistle
- 30 Kitchen pests
- 31 Proofreader's notation
- 32 Note from the boss

- 33 Arabian Sea nation 34 "What have you been
- 35 Cannabis plant

15

18

21

24

38 39

45

- 36 Parsley, e.g.
- 38 Compulsively
- dependent
- 39 Make watertight, in
- a wav
- 42 Rex of classical
- tragedy
- 46 Ornamental flower 47 "Hold on Tight" rock
- group 48 Born yesterday
- 50 "Sorry, got plans"
- 51 Yachtsman's neckwear
- 52 Composure under
- duress 53 Provide with income

- 54 Monopoly square
  - 55 Alaskan city
  - 56 Highlands miss
  - 57 Double standard? 58 Joplin composition

# Yesterday's Solution

¹A	² S	<sup>3</sup> P	⁴ s			⁵ D	ĒΕ	<sup>7</sup> A	*R		°w	10 H	"E	<sup>12</sup> T
13 D	Α	R	т		ťΗ	Α	s	т	Е		15 A	υ	R	Α
16 <sub>O</sub>	L	-1	0		170	U	т	0	F	18 S	т	Е	Α	М
19 B	Α	s	к	<sup>20</sup> Е	Т	В	А	L	L	Е	Т			
<sup>21</sup> E	М	М	E	Т	Т			<sup>22</sup> L	Е	Α		<sup>23</sup> N	24	<sup>25</sup> L
28 S	1	s		<sup>27</sup> N	U	28 N	<sup>29</sup> S		30C	0	31 M	Е	D	Υ
			<sup>32</sup> C	Α	В	1	N	33E	т	F	Е	٧	Е	R
34 E	35A	<sup>36</sup> T	Α			37 G	0	Т			38 E	Α	s	Е
<sup>39</sup> F	R	Е	N	<sup>40</sup> C	<sup>41</sup> H	Н	0	R	42 N	43 E	Т			
44 <sub>T</sub>	Α	т	т	0	0		45 <sub>D</sub>	Ε	Α	D		<sup>46</sup> D	<sup>47</sup> O	<sup>48</sup> G
<sup>49</sup> S	т	E		®в	R	<sup>51</sup> O			<sup>52</sup>	N	53 S	Α	N	Е
			54 D	R	Α	w	55 A	58 B	L	Α	N	к	Ε	т
57 P	<sup>58</sup> l	<sup>59</sup> E	D	Α	Т	Е	R	R	Е		°o	0	F	s
61	D	Е	А		52 	N	F	Ε	R		53 O	т	0	Е
<sup>64</sup> G	0	R	Υ		<sup>65</sup> 0	s	s	Α			S6 T	Α	R	т

**GOOD MOVIES** 

12 13

52

16

19

36

56

60

63

66

22

25

27 28

42

49 50

40

35

55

59

62

65

# <mark>day</mark> in History

Roosevelt lays the corner-President Franklin D. stone of the Jefferson Memorial in D.C.

1966 The flight of Gemini 12 ends successfully as astronauts James A. Lovell and Edwin "Buzz" Aldrin Jr. splashed down safely in the Atlantic.

1969 A quarter of a million protesters stage a peaceful demonstration in D.C. against the Vietnam War.



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# people lookout



# 'Look at Me, Jesse, Not Being a Dirtbag Like You'

Justin Timberlake followed through on a promise to take a Marine to her unit's annual ball. The singer and actor posted a photo along with a letter on his website Sunday saying that the Marine Corps Ball in Richmond, Va., was "one of the most moving evenings I've ever had." Cpl. Kelsey De Santis had invited Timberlake through a YouTube video, and Timberlake accepted. (EXPRESS)

### THOUGHT PROCESSES

# 'No Acne. What's Left? Ohhh, Her Weight. Brilliant.'

Some Lady Gaga fans are mocking soul singer Adele, whose record sales have surpassed Gaga's, for her weight. An executive at Lady Gaga's record label said: 'Lady Gaga does not approve of bullying anyone for their physical appearance; it goes against everything she stands for. A tiny handful of fans may be letting her down." (EXPRESS)



# **Dirtbag Digest**



# Life's Not 'Beauty And the Beast.' Kat

Kat von D wrote on Facebook Sunday that Jesse James cheated on her a lot: "Today I encountered the 19th girl to add to the list of people Jesse cheated on me with during this last year." She said that, initially, she wanted to prove the world wrong about James, writing, "I believed so deeply in people's ability to change for the better." (EXPRESS)



All, and Gossip'

INSTRUCTIONS Brad Pitt told Australia's "60 Minutes" he: 1. Might stop acting in **'Go Forth,** utes ne: 1. Wight stop acting in three years, when he's 50, for a career in "Hell if I know." 2. Might want more kids with partner Angelina Jolie: "I don't know that we're finished. I don't know yet. I don't know." 3. Might not be happy, but not in a bad way: "I think happiness is overrated, truthfully. ... Satisfied, at peace, those would be more goals for myself." (EXPRESS)



# **BIG MISTAKES**

# **Puny Human! Do Not Try** To Control My Message!

Kim Kardashian is demanding payback from a former publicist, Jonathan Jaxson. According to TMZ.com, Jaxson and Kardashian worked briefly together, years ago, and he signed a confidentiality agreement. Now he's on the talkshow circuit, saying that Kardashian's marriage to Kris Humphries was staged. Kardashian hired lawyer Marty Singer, who aims to settle the matter through private arbitration. She wants \$200,000 in damages. (EXPRESS)

# "As long as my boobs are at home at a certain hour. I can do whatever I want."



- PINK TELLS PEOPLE COM THAT HER 5-MONTH-OLD DAUGH-TER. WILLOW, ISN'T CRAMPING HER STYLE. JUST WAIT UNTIL SHE'S 2. PINK." IS WHAT WE SAY TO THAT.

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